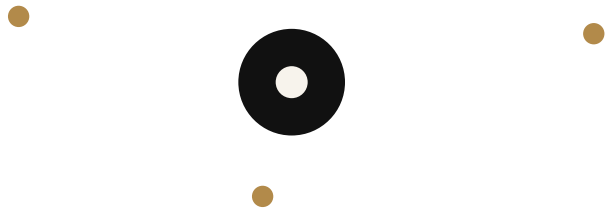
THE DISCIPLINE CODE

THE 30-DAY DISCIPLINE CHALLENGE

A visual field guide to self-control, focus, consistency, and becoming the person who keeps going.



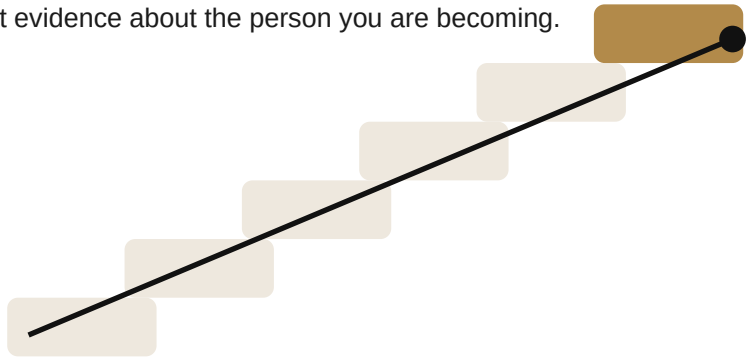
30 DAYS	4 WEEKS	1 SYSTEM

BUILD THE MIND THAT DOESN'T QUIT.

WELCOME

A 30-day system for becoming more reliable.

This workbook is built to be used, not simply read. Each day gives you one idea, one action, and one opportunity to collect evidence about the person you are becoming.



THE RULE

Make the next decision better.

You do not need to solve your entire life today. You only need to make the next useful decision.

HOW TO USE THIS BOOK

Read less. Practice more.

STEP 01

Read the daily idea.

Understand the principle before you act on it.

STEP 02

Complete the challenge.

Make the action real. Do not substitute thinking for doing.

STEP 03

Write honestly.

Reflection turns experience into information.

STEP 04

Return quickly.

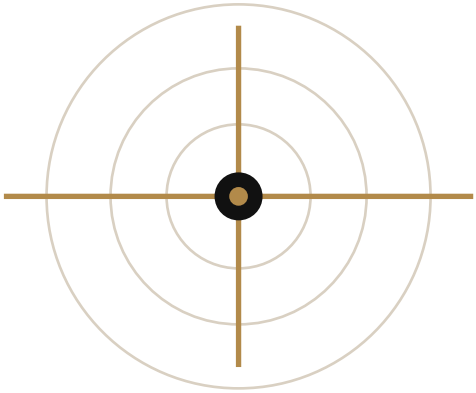
The goal is not perfection. The goal is recovery.

Your only job today is to complete today's work.

01

THE FOUNDATION

Before you build discipline, understand what you are actually building.



DISCIPLINE

A decision-making skill.

Discipline is the practice of creating space between what you feel and what you choose.

MOTIVATION

A spark, not an engine.

Motivation changes. Systems give you a path when motivation disappears.

IDENTITY

Your actions are votes.

Every time you keep a promise, finish a task, or resist an impulse, you create evidence about the person you are becoming.

TRIGGER → CHOICE → ACTION → RESULT → EVIDENCE

The kind of person I am practicing becoming is someone who:

_____

_____

_____

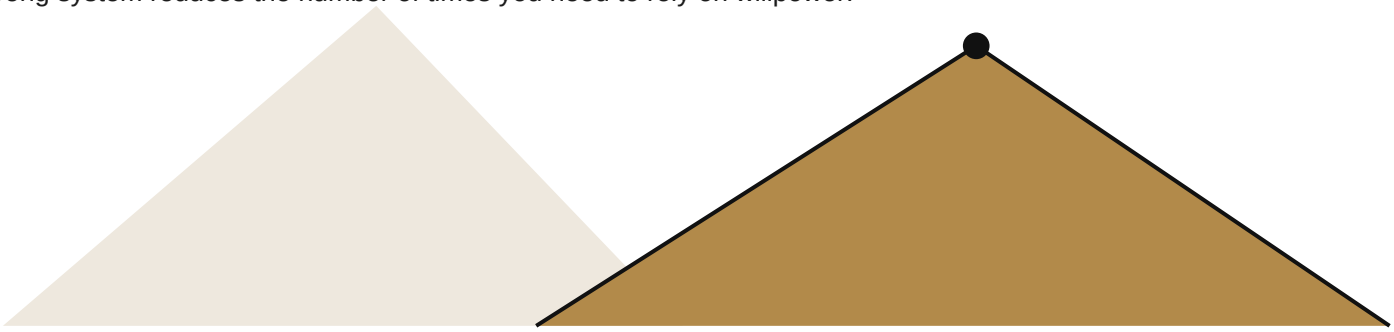
_____

_____

02

BUILD YOUR SYSTEM

A strong system reduces the number of times you need to rely on willpower.



THE ENVIRONMENT AUDIT

What distracts me most, and how can I add friction to it?

_____

_____

_____

What useful behavior can I make easier?

_____

_____

_____

THE MINIMUM VERSION

Can you repeat it on a bad day?

If the full version is too difficult, reduce the size of the action without abandoning the identity behind it. Ten minutes is better than zero.

EXAMPLE

The minimum version.

One hour of study becomes ten minutes. A full workout becomes a short walk. A chapter becomes two pages. The point is to keep the identity alive.

My minimum version of my most important habit is:

_____

_____

_____

_____

_____

DAY 01

MAKE YOUR BED

A small act of order is a signal that you can begin before you feel ready.

WHY IT MATTERS

The deeper lesson

The point is not the bed. The point is starting your day with a completed decision instead of immediately giving your attention away.

TODAY'S CHALLENGE

■ **Make your bed before checking social media or starting entertainment.**

THE IDEA IN ONE SENTENCE

Today, discipline means choosing the useful action even when the easier option is available.

DAY 01 / WORKBOOK

Make the lesson personal.

Use this page to record what actually happened. Honest observations are more useful than perfect answers.

What is the first decision you want to control each morning?

_____

_____

_____

_____

_____

WHAT I NOTICED

The biggest thing I noticed about my behavior today was:

_____

_____

_____

DAY 02

PROTECT THE FIRST 30 MINUTES

The first part of your day can become reactive before you even decide what matters.

WHY IT MATTERS

The deeper lesson

You are not banning technology. You are practicing intentional use instead of automatic checking.

TODAY'S CHALLENGE

■ **Stay away from your phone for the first 30 minutes of the day.**

THE IDEA IN ONE SENTENCE

Today, discipline means choosing the useful action even when the easier option is available.

DAY 02 / WORKBOOK

Make the lesson personal.

Use this page to record what actually happened. Honest observations are more useful than perfect answers.

What did you notice when you delayed the first check?

_____

_____

_____

_____

_____

WHAT I NOTICED

The biggest thing I noticed about my behavior today was:

_____

_____

_____

DAY 03

FINISH ONE TASK

Unfinished tasks create background mental noise.

WHY IT MATTERS

The deeper lesson

Choose one task with a clear finish line. Completion creates momentum and self-trust.

TODAY'S CHALLENGE

■ **Complete one task you have been avoiding.**

THE IDEA IN ONE SENTENCE

Today, discipline means choosing the useful action even when the easier option is available.

DAY 03 / WORKBOOK

Make the lesson personal.

Use this page to record what actually happened. Honest observations are more useful than perfect answers.

Why did you avoid it, and what made starting easier?

_____

_____

_____

_____

_____

WHAT I NOTICED

The biggest thing I noticed about my behavior today was:

_____

_____

_____

DAY 04

RESET ONE SPACE

Your surroundings influence the friction of your behavior.

WHY IT MATTERS

The deeper lesson

You do not need a perfect room. Improve one area enough to make your next useful action easier.

TODAY'S CHALLENGE

■ **Clean and organize one small area.**

THE IDEA IN ONE SENTENCE

Today, discipline means choosing the useful action even when the easier option is available.

DAY 04 / WORKBOOK

Make the lesson personal.

Use this page to record what actually happened. Honest observations are more useful than perfect answers.

How did the change affect your willingness to act?

_____

_____

_____

_____

_____

WHAT I NOTICED

The biggest thing I noticed about my behavior today was:

_____

_____

_____

DAY 05

REMOVE ONE DISTRACTION

Discipline is often subtraction.

WHY IT MATTERS

The deeper lesson

Find one trigger that repeatedly pulls you away from your priorities and reduce its access to you.

TODAY'S CHALLENGE

■ **Remove or reduce one unnecessary distraction.**

THE IDEA IN ONE SENTENCE

Today, discipline means choosing the useful action even when the easier option is available.

DAY 05 / WORKBOOK

Make the lesson personal.

Use this page to record what actually happened. Honest observations are more useful than perfect answers.

Which distraction has the highest cost?

_____

_____

_____

_____

_____

WHAT I NOTICED

The biggest thing I noticed about my behavior today was:

_____

_____

_____

DAY 06

KEEP ONE PROMISE

Self-trust is built through evidence, not speeches.

WHY IT MATTERS

The deeper lesson

Make one realistic promise. The smaller and more specific it is, the more likely you are to keep it.

TODAY'S CHALLENGE

■ **Make and keep one promise before the day ends.**

THE IDEA IN ONE SENTENCE

Today, discipline means choosing the useful action even when the easier option is available.

DAY 06 / WORKBOOK

Make the lesson personal.

Use this page to record what actually happened. Honest observations are more useful than perfect answers.

What does keeping your word teach you about yourself?

_____

_____

_____

_____

_____

WHAT I NOTICED

The biggest thing I noticed about my behavior today was:

_____

_____

_____

DAY 07

REVIEW THE WEEK

Reflection turns experience into information.

WHY IT MATTERS

The deeper lesson

Look for patterns rather than judging the week as simply good or bad.

TODAY'S CHALLENGE

■ **Write three lessons from Week 1.**

THE IDEA IN ONE SENTENCE

Today, discipline means choosing the useful action even when the easier option is available.

DAY 07 / WORKBOOK

Make the lesson personal.

Use this page to record what actually happened. Honest observations are more useful than perfect answers.

What will you change next week?

_____

_____

_____

_____

_____

WHAT I NOTICED

The biggest thing I noticed about my behavior today was:

_____

_____

_____

DAY 08

GET UP ON TIME

The moment after the alarm is a daily negotiation.

WHY IT MATTERS

The deeper lesson

Prepare your environment so the first action is simple: stand up, move, and begin.

TODAY'S CHALLENGE

■ **Get out of bed when your alarm rings.**

THE IDEA IN ONE SENTENCE

Today, discipline means choosing the useful action even when the easier option is available.

DAY 08 / WORKBOOK

Make the lesson personal.

Use this page to record what actually happened. Honest observations are more useful than perfect answers.

What usually keeps you in bed?

_____

_____

_____

_____

_____

WHAT I NOTICED

The biggest thing I noticed about my behavior today was:

_____

_____

_____

DAY 09

DO THE HARD THING FIRST

Avoidance often makes a task feel larger than it is.

WHY IT MATTERS

The deeper lesson

Complete one meaningful difficult task before unnecessary comfort and entertainment.

TODAY'S CHALLENGE

■ **Do your most important difficult task first.**

THE IDEA IN ONE SENTENCE

Today, discipline means choosing the useful action even when the easier option is available.

DAY 09 / WORKBOOK

Make the lesson personal.

Use this page to record what actually happened. Honest observations are more useful than perfect answers.

How did finishing early change your day?

_____

_____

_____

_____

_____

WHAT I NOTICED

The biggest thing I noticed about my behavior today was:

_____

_____

_____

DAY 10

20 MINUTES OF FOCUS

Focus is a trainable skill, not a personality type.

WHY IT MATTERS

The deeper lesson

Remove obvious distractions and practice returning your attention whenever it wanders.

TODAY'S CHALLENGE

■ **Complete one uninterrupted 20-minute focus session.**

THE IDEA IN ONE SENTENCE

Today, discipline means choosing the useful action even when the easier option is available.

DAY 10 / WORKBOOK

Make the lesson personal.

Use this page to record what actually happened. Honest observations are more useful than perfect answers.

What interrupted your attention most?

_____

_____

_____

_____

_____

WHAT I NOTICED

The biggest thing I noticed about my behavior today was:

_____

_____

_____

DAY 11

SAY NO

Every yes consumes time, energy, attention, or money.

WHY IT MATTERS

The deeper lesson

A respectful no protects the priorities you already said yes to.

TODAY'S CHALLENGE

■ **Say no to one unnecessary distraction or commitment.**

THE IDEA IN ONE SENTENCE

Today, discipline means choosing the useful action even when the easier option is available.

DAY 11 / WORKBOOK

Make the lesson personal.

Use this page to record what actually happened. Honest observations are more useful than perfect answers.

Where do you need a stronger boundary?

_____

_____

_____

_____

_____

WHAT I NOTICED

The biggest thing I noticed about my behavior today was:

_____

_____

_____

DAY 12

ACT WITHOUT MOTIVATION

Waiting to feel ready can become a permanent delay.

WHY IT MATTERS

The deeper lesson

Separate the feeling from the decision. You can feel resistance and still take the next step.

TODAY'S CHALLENGE

■ **Complete one useful task despite low motivation.**

THE IDEA IN ONE SENTENCE

Today, discipline means choosing the useful action even when the easier option is available.

DAY 12 / WORKBOOK

Make the lesson personal.

Use this page to record what actually happened. Honest observations are more useful than perfect answers.

What did action teach you about motivation?

_____

_____

_____

_____

_____

WHAT I NOTICED

The biggest thing I noticed about my behavior today was:

_____

_____

_____

DAY 13

REPLACE ONE COMPLAINT

Complaining can become a habit of attention.

WHY IT MATTERS

The deeper lesson

You do not need to pretend problems are good. Ask what action is available to you.

TODAY'S CHALLENGE

■ **Replace one complaint with one practical action.**

THE IDEA IN ONE SENTENCE

Today, discipline means choosing the useful action even when the easier option is available.

DAY 13 / WORKBOOK

Make the lesson personal.

Use this page to record what actually happened. Honest observations are more useful than perfect answers.

Which complaint can become a plan?

_____

_____

_____

_____

_____

WHAT I NOTICED

The biggest thing I noticed about my behavior today was:

_____

_____

_____

DAY 14

RESET THE SYSTEM

A reset is not failure. It is adjustment.

WHY IT MATTERS

The deeper lesson

Review what helped and what created friction. Keep the useful part and change the weak part.

TODAY'S CHALLENGE

■ **Choose one habit to continue and one to improve.**

THE IDEA IN ONE SENTENCE

Today, discipline means choosing the useful action even when the easier option is available.

DAY 14 / WORKBOOK

Make the lesson personal.

Use this page to record what actually happened. Honest observations are more useful than perfect answers.

What pattern appeared most clearly?

_____

_____

_____

_____

_____

WHAT I NOTICED

The biggest thing I noticed about my behavior today was:

_____

_____

_____

DAY 15

ONE HOUR WITHOUT SOCIAL MEDIA

Constant stimulation can make ordinary work feel uncomfortable.

WHY IT MATTERS

The deeper lesson

A temporary break gives your attention room to recover and shows you how much time is available.

TODAY'S CHALLENGE

■ **Spend one full hour without social media.**

THE IDEA IN ONE SENTENCE

Today, discipline means choosing the useful action even when the easier option is available.

DAY 15 / WORKBOOK

Make the lesson personal.

Use this page to record what actually happened. Honest observations are more useful than perfect answers.

What did you do with the time?

_____

_____

_____

_____

_____

WHAT I NOTICED

The biggest thing I noticed about my behavior today was:

_____

_____

_____

DAY 16

TURN OFF NONESSENTIAL NOTIFICATIONS

Notifications are invitations to interrupt yourself.

WHY IT MATTERS

The deeper lesson

Reduce unnecessary interruptions so your attention has fewer automatic escape routes.

TODAY'S CHALLENGE

■ **Turn off unnecessary notifications.**

THE IDEA IN ONE SENTENCE

Today, discipline means choosing the useful action even when the easier option is available.

DAY 16 / WORKBOOK

Make the lesson personal.

Use this page to record what actually happened. Honest observations are more useful than perfect answers.

Which notification was costing you the most focus?

_____

_____

_____

_____

_____

WHAT I NOTICED

The biggest thing I noticed about my behavior today was:

_____

_____

_____

DAY 17

READ FOR 20 MINUTES

Reading trains sustained attention and deliberate learning.

WHY IT MATTERS

The deeper lesson

Choose something useful or genuinely interesting and stay with it without constant switching.

TODAY'S CHALLENGE

■ **Read for at least 20 minutes.**

THE IDEA IN ONE SENTENCE

Today, discipline means choosing the useful action even when the easier option is available.

DAY 17 / WORKBOOK

Make the lesson personal.

Use this page to record what actually happened. Honest observations are more useful than perfect answers.

What idea stayed with you?

_____

_____

_____

_____

_____

WHAT I NOTICED

The biggest thing I noticed about my behavior today was:

_____

_____

_____

DAY 18

WORK IN SILENCE

Silence can reveal how often you rely on stimulation.

WHY IT MATTERS

The deeper lesson

Practice completing one meaningful task without background entertainment.

TODAY'S CHALLENGE

■ **Finish one task in silence.**

THE IDEA IN ONE SENTENCE

Today, discipline means choosing the useful action even when the easier option is available.

DAY 18 / WORKBOOK

Make the lesson personal.

Use this page to record what actually happened. Honest observations are more useful than perfect answers.

What did you notice about your attention?

_____

_____

_____

_____

_____

WHAT I NOTICED

The biggest thing I noticed about my behavior today was:

_____

_____

_____

DAY 19

FINISH WHAT YOU START

Starting feels exciting. Finishing builds reliability.

WHY IT MATTERS

The deeper lesson

Choose one unfinished task and define the exact finish line before you begin.

TODAY'S CHALLENGE

■ **Complete something you started but never finished.**

THE IDEA IN ONE SENTENCE

Today, discipline means choosing the useful action even when the easier option is available.

DAY 19 / WORKBOOK

Make the lesson personal.

Use this page to record what actually happened. Honest observations are more useful than perfect answers.

Why did you stop the first time?

_____

_____

_____

_____

_____

WHAT I NOTICED

The biggest thing I noticed about my behavior today was:

_____

_____

_____

DAY 20

PAUSE AN IMPULSE

An urge is not an order.

WHY IT MATTERS

The deeper lesson

Create a small space between the impulse and the action. That pause is practice.

TODAY'S CHALLENGE

■ **Delay one unnecessary impulse for ten minutes.**

THE IDEA IN ONE SENTENCE

Today, discipline means choosing the useful action even when the easier option is available.

DAY 20 / WORKBOOK

Make the lesson personal.

Use this page to record what actually happened. Honest observations are more useful than perfect answers.

What happened during the pause?

_____

_____

_____

_____

_____

WHAT I NOTICED

The biggest thing I noticed about my behavior today was:

_____

_____

_____

DAY 21

MEASURE YOUR PROGRESS

Progress is easier to see when you compare yourself with your previous behavior.

WHY IT MATTERS

The deeper lesson

Look for evidence: starting faster, recovering faster, noticing distractions sooner.

TODAY'S CHALLENGE

■ **Write five ways you are different from Day 1.**

THE IDEA IN ONE SENTENCE

Today, discipline means choosing the useful action even when the easier option is available.

DAY 21 / WORKBOOK

Make the lesson personal.

Use this page to record what actually happened. Honest observations are more useful than perfect answers.

Which change matters most?

_____

_____

_____

_____

_____

WHAT I NOTICED

The biggest thing I noticed about my behavior today was:

_____

_____

_____

DAY 22

DO THE BORING WORK

Many valuable results are built through repetitive actions nobody applauds.

WHY IT MATTERS

The deeper lesson

Practice completing an ordinary task without making the lack of excitement an excuse.

TODAY'S CHALLENGE

■ **Complete one boring but important task.**

THE IDEA IN ONE SENTENCE

Today, discipline means choosing the useful action even when the easier option is available.

DAY 22 / WORKBOOK

Make the lesson personal.

Use this page to record what actually happened. Honest observations are more useful than perfect answers.

What do you usually avoid because it feels boring?

_____

_____

_____

_____

_____

WHAT I NOTICED

The biggest thing I noticed about my behavior today was:

_____

_____

_____

DAY 23

PLAN TOMORROW

Planning reduces decision fatigue.

WHY IT MATTERS

The deeper lesson

Choose three important tasks instead of creating an unrealistic list that guarantees disappointment.

TODAY'S CHALLENGE

■ **Write tomorrow's three priorities.**

THE IDEA IN ONE SENTENCE

Today, discipline means choosing the useful action even when the easier option is available.

DAY 23 / WORKBOOK

Make the lesson personal.

Use this page to record what actually happened. Honest observations are more useful than perfect answers.

What would make tomorrow successful?

_____

_____

_____

_____

_____

WHAT I NOTICED

The biggest thing I noticed about my behavior today was:

_____

_____

_____

DAY 24

TAKE RESPONSIBILITY

Responsibility means identifying what is within your control.

WHY IT MATTERS

The deeper lesson

You do not need to control everything to take one useful action.

TODAY'S CHALLENGE

■ **Identify one problem you can take responsibility for.**

THE IDEA IN ONE SENTENCE

Today, discipline means choosing the useful action even when the easier option is available.

DAY 24 / WORKBOOK

Make the lesson personal.

Use this page to record what actually happened. Honest observations are more useful than perfect answers.

What is the next action within your control?

_____

_____

_____

_____

_____

WHAT I NOTICED

The biggest thing I noticed about my behavior today was:

_____

_____

_____

DAY 25

PROTECT 30 MINUTES FOR GROWTH

Improvement needs protected time.

WHY IT MATTERS

The deeper lesson

Use thirty minutes for learning, exercise, reading, or building a useful skill.

TODAY'S CHALLENGE

■ **Complete one 30-minute improvement session.**

THE IDEA IN ONE SENTENCE

Today, discipline means choosing the useful action even when the easier option is available.

DAY 25 / WORKBOOK

Make the lesson personal.

Use this page to record what actually happened. Honest observations are more useful than perfect answers.

What would happen if you repeated this weekly?

_____

_____

_____

_____

_____

WHAT I NOTICED

The biggest thing I noticed about my behavior today was:

_____

_____

_____

DAY 26

FACE AVOIDANCE

Avoidance grows when postponement is repeatedly rewarded with temporary comfort.

WHY IT MATTERS

The deeper lesson

Break the task into the smallest starting action and do that action now.

TODAY'S CHALLENGE

■ **Take action on one task you have been avoiding.**

THE IDEA IN ONE SENTENCE

Today, discipline means choosing the useful action even when the easier option is available.

DAY 26 / WORKBOOK

Make the lesson personal.

Use this page to record what actually happened. Honest observations are more useful than perfect answers.

What story were you telling yourself about it?

_____

_____

_____

_____

_____

WHAT I NOTICED

The biggest thing I noticed about my behavior today was:

_____

_____

_____

DAY 27

MAKE A SPECIFIC COMMITMENT

Vague promises are easy to break because they have no clear behavior attached.

WHY IT MATTERS

The deeper lesson

A specific commitment tells you what to do, when to do it, and what completion looks like.

TODAY'S CHALLENGE

■ **Make and keep one specific commitment.**

THE IDEA IN ONE SENTENCE

Today, discipline means choosing the useful action even when the easier option is available.

DAY 27 / WORKBOOK

Make the lesson personal.

Use this page to record what actually happened. Honest observations are more useful than perfect answers.

What makes a promise realistic?

_____

_____

_____

_____

_____

WHAT I NOTICED

The biggest thing I noticed about my behavior today was:

_____

_____

_____

DAY 28

WRITE YOUR PERSONAL RULES

Rules reduce repeated negotiation.

WHY IT MATTERS

The deeper lesson

Your rules should be practical enough to guide you on tired, ordinary days.

TODAY'S CHALLENGE

■ **Write five personal rules.**

THE IDEA IN ONE SENTENCE

Today, discipline means choosing the useful action even when the easier option is available.

DAY 28 / WORKBOOK

Make the lesson personal.

Use this page to record what actually happened. Honest observations are more useful than perfect answers.

Which rule would have the greatest positive effect?

_____

_____

_____

_____

_____

WHAT I NOTICED

The biggest thing I noticed about my behavior today was:

_____

_____

_____

DAY 29

COLLECT THE EVIDENCE

Confidence grows when your actions give you evidence.

WHY IT MATTERS

The deeper lesson

Look back at the last 29 days and identify moments when your behavior changed.

TODAY'S CHALLENGE

■ **Write your biggest achievement from the challenge.**

THE IDEA IN ONE SENTENCE

Today, discipline means choosing the useful action even when the easier option is available.

DAY 29 / WORKBOOK

Make the lesson personal.

Use this page to record what actually happened. Honest observations are more useful than perfect answers.

What proof do you now have that you can change?

_____

_____

_____

_____

_____

WHAT I NOTICED

The biggest thing I noticed about my behavior today was:

_____

_____

_____

DAY 30

BECOME THE PERSON WHO CONTINUES

The challenge ends. The system continues.

WHY IT MATTERS

The deeper lesson

The real goal is not a perfect streak. It is becoming someone who returns quickly when life interrupts the plan.

TODAY'S CHALLENGE

■ **Write a commitment for the next 30 days.**

THE IDEA IN ONE SENTENCE

Today, discipline means choosing the useful action even when the easier option is available.

DAY 30 / WORKBOOK

Make the lesson personal.

Use this page to record what actually happened. Honest observations are more useful than perfect answers.

What will you continue?

_____

_____

_____

_____

_____

WHAT I NOTICED

The biggest thing I noticed about my behavior today was:

_____

_____

_____

03

THE REVIEW ROOM

Progress becomes visible when you stop and look at the pattern.

WEEK 1

What worked? What created friction? What will I change?

_____

_____

_____

_____

WEEK 2

What worked? What created friction? What will I change?

_____

_____

_____

_____

WEEK 3

What worked? What created friction? What will I change?

_____

_____

_____

_____

_____

WEEK 4

What worked? What created friction? What will I change?

_____

_____

_____

_____

_____

THE 30-DAY SCORECARD

Make your consistency visible. Check the box when the daily action is complete.

DAY	DONE	DAY	DONE	DAY	DONE
Day 1	■	Day 11	■	Day 21	■
Day 2	■	Day 12	■	Day 22	■
Day 3	■	Day 13	■	Day 23	■
Day 4	■	Day 14	■	Day 24	■
Day 5	■	Day 15	■	Day 25	■
Day 6	■	Day 16	■	Day 26	■
Day 7	■	Day 17	■	Day 27	■
Day 8	■	Day 18	■	Day 28	■
Day 9	■	Day 19	■	Day 29	■
Day 10	■	Day 20	■	Day 30	■

My overall score / what I learned from the scorecard:

_____

_____

_____

_____

_____

MY FIVE RULES

Rules reduce repeated negotiation.

Rule 1:

_____

_____

Rule 2:

_____

_____

Rule 3:

_____

_____

MY FIVE RULES / CONTINUED

Rule 4:

_____

_____

_____

Rule 5:

_____

_____

_____

The rule I most need to protect is:

Because:

_____

_____

_____

MY DISTRACTION MAP

Attention is a resource. Map what repeatedly takes it.

My biggest time leak is:

_____

_____

_____

My biggest attention trigger is:

_____

_____

_____

The environmental change I will make is:

_____

_____

_____

THE NEXT 30 DAYS

The challenge was never meant to end your discipline. It was meant to give you evidence that you can build a repeatable system.

Habit 1 I will continue:

_____

_____

_____

Habit 2 I will continue:

_____

_____

_____

Habit 3 I will continue:

_____

_____

_____

THE RECOVERY PLAN

When you miss a day, do not turn one mistake into an identity.

STEP 1

Identify the interruption.

What actually happened?

STEP 2

Reduce the next action.

Make returning easy enough to do.

STEP 3

Return quickly.

Do not wait for a perfect Monday.

THE 90-DAY VISION

If you repeat your best habits for the next 90 days, what changes?

My work / learning will look like:

_____

_____

_____

_____

_____

My attention will look like:

_____

_____

_____

_____

_____

THE COMMITMENT

Write the commitment you are actually willing to keep.

For the next 30 days, I commit to:

_____

_____

_____

_____

_____

_____

_____

_____

THE EVIDENCE

What proof do I now have that I can change?

_____

_____

_____

_____

_____

_____

_____

_____

_____

_____

THE HARD PART

What was difficult, and what did it teach me?

THE PATTERN

What behavior keeps repeating in my life?

THE TRIGGER

What usually causes me to lose momentum?

THE RETURN

What helps me get back on track?

THE STANDARD

What standard do I want to live by?

_____

_____

_____

_____

_____

_____

_____

_____

_____

_____

THE NEXT VERSION

What would the next version of me do differently?

_____

_____

_____

_____

_____

_____

_____

_____

_____

_____

FREE NOTES

Anything I need to remember from this challenge:

YOU FINISHED.

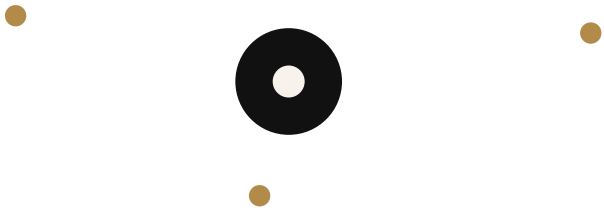
Thirty days ago, you were waiting to start. Today, you have something more valuable than motivation: evidence.

You practiced starting. You practiced finishing. You practiced returning after distraction. Those are the foundations of discipline.

“Discipline is not the absence of difficulty.
It is the decision to keep moving through it.”

THE NEXT CHAPTER IS NOT ABOUT BECOMING PERFECT.

It is about becoming the person who continues.



THE DISCIPLINE CODE

BONUS / DAILY PLANNER

Tomorrow starts with today's decisions.

Tomorrow's three priorities:

_____

_____

_____

_____

_____

_____

_____

_____

What could distract me, and how will I handle it?

_____

_____

_____

_____

_____

BONUS / HABIT TRACKER

Choose one habit. Track the behavior, not the mood.

WEEK	M	T	W	T	F	S	S
1	■	■	■	■	■	■	■
2	■	■	■	■	■	■	■
3	■	■	■	■	■	■	■
4	■	■	■	■	■	■	■

The habit I am tracking is:

_____

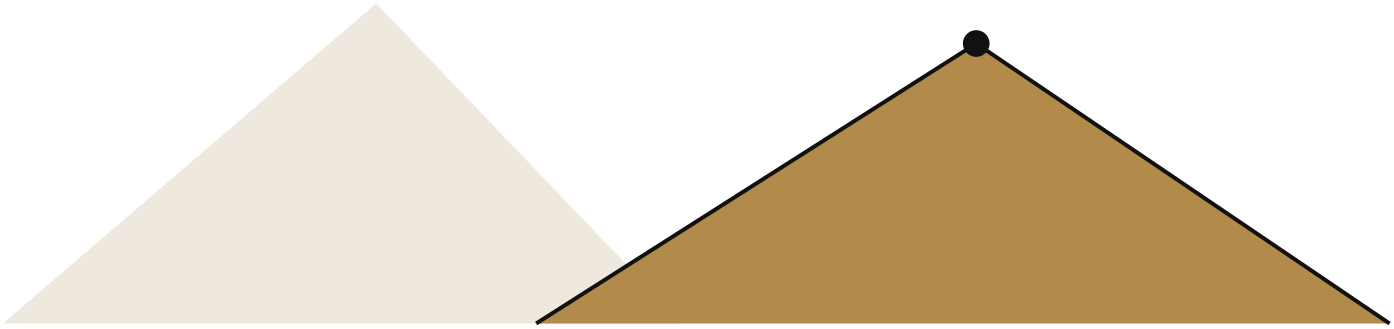
_____

_____

_____

KEEP GOING.

Your future is built in ordinary decisions.



THE END OF THE CHALLENGE IS THE BEGINNING OF THE STANDARD.